Tim Woodson And Ronald McDonald...

What A Team!

By: Frances H. Paulette

Old McDonald may have had a farm but Ronald McDonald has something better and I don't mean Hamburgers and Fries! It's a Ronald McDonald House in Richmond. Let me tell you more.

Together with the Children's Oncology Services of Virginia, Inc. COSVA, a non-profit organization mainly of parents of seriously ill children, Richmond has become the fourth city in the nation to feature a Ronald McDonald House; this 'home-away-from-home' will be for families who have children undergoing treatment for serious diseases at the Medical College of Virginia (MCV)

The first Ronald McDonald House was established four years ago in Philadelphia and now Chicago and Atlanta are the sites of additional Ronald McDonald Houses.

Richmond's home-away-from-home is a three story dwelling at 2300 Monument Avenue, a prime historic block and will be owned and operated by COSVA which is comprised of members of ASK (The Association For The Study of Childhood Cancer), MCV Staff, and owners-operators of Richmond area McDonalds.

Sounds good, but exactly who will this benefit in our area? What will it mean to the people of Appomattox and surrounding counties? Tim Woodson, age 13, and his parents Mr. and Mrs. Sammy Woodson of Virginia Avenue Appomattox, can tell you what it can mean.

Tim was stricken with cancer at the age of 11. Although Tim is one of the fortunate ones.....his condition is arrested and he is leading a normal, happy life, he will never forget the trips to the hospital, the treatments, surgery or any part of the experience.

Tim and his family live much closer to Richmond than many of the cancer-stricken children and their families.

"Previously, many of the parents of seriously ill children have had to drive for long distances to bring their children to Richmond for treatment." said William Van Arnam, COSVA President.

"Because of the cost involved, many parents have had to sleep on sofas, in chairs, or wherever else they could find, go for days without a shower or shave and live out of vending machines. Now, Richmond's Ronald McDonald House will keep these families comfortable and close to the children that are hospitalized."

Facilities in this "home-away-from-home", a former nursing home built in 1924, include 10 bedrooms, seven baths, a kitchen, living room, dining room, panelled library, laundry room, reception-office area, large playroom in the basement and front and rear porches. The House will be managed by a live-in couple who will reside in the Carriage House in the rear of the home, assisting families in any way during their stay.

Dr. Nancy B. McWilliams, Associate Professor of Pediatrics at MCV said, "In addition to providing a place for parents to rest and sleep, the House will enable them to talk to other parents of children with cancer and other serious diseases. Parents can come together to share information, thoughts, expressions, and perhaps, most of all, emotions."

At the present time more than 50 percent of the children treated at the Pediatrics Department of MVC must travel from various parts of the state to Richmond. Current plans are to charge a family $5.00 for a one-night stay at the Ronald McDonald House and in some cases there will be no charge.

Facilities like this sound really good to Tim Woodson although he hopes he and his family won't be in need of the House. His condition is arrested now but for some time things were pretty rough. Just how did cancer come into Tim's life?

Tim Woodson was hit by a baseball in April of 1977. He was treated by local doctors for the bruises resulting from the injury but in a short time he developed symptoms that his doctors believed to be coming from something other than the lick he received. They sent him to see Dr. Joseph Mathias in Lynchburg.

After thorough testing, Dr. Mathias came to the conclusion that it was necessary to remove one of Tim's kidneys. The verdict? Cancer.

Dr. Mathias talked with Tim and his parents, explaining what would be necessary.

"I knew it was bad," said Tim, "and Dr. Mathias never lied to me."

Tim went on, "I was scared and I prayed a lot." Not only did Tim and his parents pray a lot but a lot of friends and family members were constantly in prayer as the family went about the business of moving Tim from a hospital in Lynchburg to the Medical College of Virginia in Richmond.

"Sammy and I stayed in the room with Tim at the hospital," said Tim's mother, Patsy, "and sitting in straight-back chairs for long periods of time was more than a bit uncomfortable, but we didn't mind."

She continued, "We even 'fought' over who would have the sofa in the reception roomn atnight!" Patsy and Sammy Woodson realize the importance of a comfortable place for parents of cancer-stricken children to stay while the children are being treated at MCV. They are 100 percent behind the Ronald McDonald House in Richmond.

When Tim makes up his mind to do something, he doesn't let much stand in his way. He was baptized while on crutches because of torn ligaments resulting from playing baseball. He is a member of Reedy Spring Baptist Church. He is never happier then when he is doing something to help others.

At a recent March-Of-Dimes Dance-A-Thon, Tim danced for fourteen hours; his parents were a bit worried, but not Tim. He also collected money for the Jerry Lewis Telethon.

Even though Tim loves sports, collects match-box cars and skates every chance he gets, he's not too busy to take on another project. This one.....to promote the sale of the ASK cookbook. Proceeds from the sale of the cookbook will go to ASK (Association For The Study of Childhood Cancer); the book was compiled by The Thomas Jefferson Junior Women's Club. One hundred and twenty-four Junior Clubs in eight districts are sharing 1,500 of their very best recipes.

A special feature of the cookbook is the artwork by the childhood cancer patients, and Tim Woodson has a lot of his artwork in this book.

The Appomattox Junior Woman's Club will not receive any profit or recognition from the sale of this book but they do care about cancer-stricken children and their parents. ASK is the Junior Project for Virginia Federation of Woman's Clubs. ASK was incorporated by the State of Virginia in 1975 as a non-profit organization. Junior Clubs in the Virginia Federation of Woman's Clubs contributed a total of $25,167.40 to the ASK Program in 1978.

When Tim Woodson knocks on your door to tell you about the cookbook that will benefit childhood cancer patients and their families, listen, won't you?

When you purchase a cookbook for $4.00 you will have a part in helping some family have a comfortable place to stay while their child is being hospitalized. Cancer is an expensive ilness and.......so are motel rooms, especially when you have to rent one just to take a bath!! This has happened to some of the families; let's do all we can to see that it doesn't happen again.

HELP TIM HELP OTHERS, WON'T YOU?

Although, by his own admission, girls are one of his favorite 'subjects', Tim Woodson has time for many worthwhile projects. He is shown here "Knocking for ASK". He will be taking orders for a very special cookbook; it's full of special recipes and 'extra special' artwork done by Tim and other young people while they were hospitalized for treatment of cancer at MCV. Proceeds from the sale of the cook will go to ASK . . . the Association For The Study of Childhood Cancer.

Tim Woodson and his family know what it means to receive a helping hand; so many folks have helped in so many ways and they will never forget it. Now Tim is asking for help for others; won't you help, too?

Letter to The Editor

The Appomattox Junior Woman's Club would like to thank everyone who supported the Little League Basketball Benefit Games held last Saturday night. It is the support of the excellent players, coaches, officials, and scorekeeper that made this evening delightful and successful. The proceeds of $158.50 will help pay the cost of the campership fee to send an Appomattox County youth to Camp Easter Seal. The youth will be chosen this spring to attend the Speech Therapy program at the camp this summer.

We would, also, like to thank the following merchants for their generous donations: Moses Motor Co. - Certificates; Times-Virginian Printing Corporation - Printing of Programs; Wilbuns Supermarket, Chips; Kings Supermarket, Ice; Coco Cola Bottling Co., Drinks for Concessions; Dairy Queen, Free milk shakes to losing team players and Pizza Hut, Coupon for a free pizza to winning team players. Special thanks go to WTTX for broadcasting the first game and to Lawson Ford and Appomattox Truck and Tractor for sponsoring the broadcast.

Thanks also to the Appomattox County High School for the use of the gym and to Mr. Sam Crews for all of his help that evening. Mr. Billy Thompson organized the games and we are extremely grateful to him.

Finally, we sincerely appreciate the support of the spectators and parents. We hope that each one of you thoroughly enjoyed the games.

The success of these games can be afforded to all of the above. Thanks again for everything.

The Appomattox Jr. Woman's Club

"We cannot be just if we are not kindhearted."
Vauvenargues

The most common surname in the United States is Smith. Close to 2.5 million Smiths reside here.

To check an electric cord: disconnect it, then pull the length of the cord around your finger, watching for cracks, worn spots or a point where it bends too easily, indicating a broken wire.

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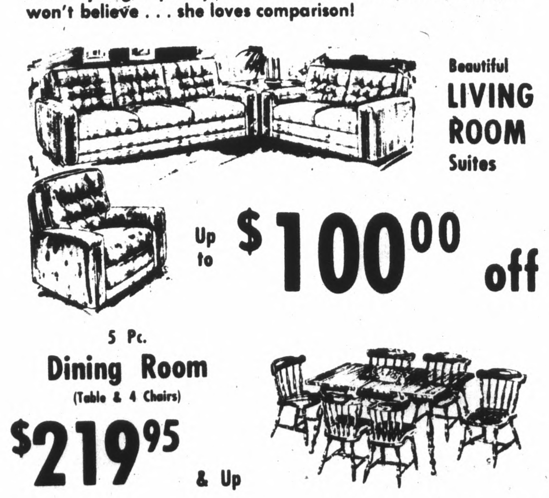

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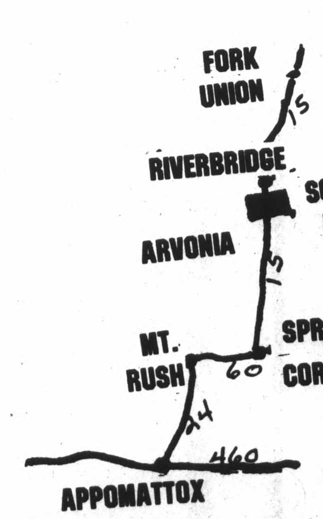

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

New Food Labeling Requirements

The Food and Drug Administration has established some new rules on how low calorie, reduced calorie and diebetic foods must be labeled. This information was provided recently in **Consumer Comments**, which is a monthly newsletter of consumer information provided by the Department of Agriculture and Consumer Services for the State of Virginia.

These regulations apply to all foods involved in interstate commerce as of July 1, 1979. FDA said the purpose of this new regulation is to assure that foods labeled low calorie or reduced calorie represent a caloric saving. Consumers who buy foods intended for weight control will have a better understanding of what they are buying and labels will be more uniform so consumers can easily do comparison shopping.

The new requirements are:

1. A food labeled as low calorie may contain no more than 40 calories per servings. The FDA believes that to be useful the term low calorie should not be applied to food which have few calories per piece or serving, but which are generally eaten in large amounts such as sugar, many candies or potato chips.

2. A food may be called reduced calorie only if its caloric content is at least 1/3 lower than a similar food for which it can substitute.

3. All foods which claim to be reduced in calories must describe the comparison on which the claim is based. For exampe, "Artificallv sweetened peaches packed in water yield 38 calories per 1/2 cup serving. This is 62% less than brand X peaches in heavy syrup."

4. Foods that claim to be low or reduced in calories must have a complete nutrition label. The label must tell how much protein, carbohydrate, fat, the percentage of U.S. recommended daily allowances for seven vitamins, as well as how many calories are in each serving.

5. Foods that are normally low in calories such as celery cannot use the term low calorie immediately before the name because it would suggest that one particular celery has fewer calories than another. However, it may be labeled "celery - - a low calorie food."

6. A food cannot be labeled as diebetic unless it is useful in the diet of diebetics.

7. For a food to be labeled as sugar-free, sugarless or no sugar, it must also be labeled as low calorie or reduced calorie or meet the labeling requirements of those categories or be accompanied by such statements as not a reduced calorie food or not for weight control.

We will continue to keep you informed of new food labeling rules that are being developed by the Food and Drug Administration. It is important that you, the consumers, be label readers and make every effort to "buy nutrition" for your families. If we become more conscious of labels and what we are purchasing for our families, we will find that we are getting more quality for the amount of money spent.

If you have a homemaking question or problem, you may call or write the Appomattox County Extension Office. Our phone number is 352-8244 and our address is P.O. Box 488, Appomattox, Virginia. It is always a pleasure to hear from you and help you solve your homemaking questions and problems. Have a good week!

RECIPE OF THE WEEK
Sally Lunn

1 pkg. active dry yeast
1/4 cup warm water
2 tablespoons lard or shortening
1/2 cup sugar
2 eggs
1 teaspoon salt
3 1/2 cups flour
1 cup warm milk

Soften yeast in the warm water. In mixing bowl, cream shortening and sugar. Beat in eggs and salt. Stir in 1 1/2 cups of the flour, beat vigorously. Stir in milk and the softened yeast; mix well. Add the remaining flour; beat vigorously. Cover; let rise in warm place until double, about 1 hour. Stir down batter and spoon evenly into greased 10-inch fluted tube plan. Cover, let rise again until double, 30-45 minutes. Bake in 325 degree F. oven for 10 minutes. Increase oven temperature to 375 degrees F. Bake 20 minutes more. Remove bread from pan. May be served hot or cold.

I enjoyed hot buttered slices of this Sally Lunn at Frances Gilliam's home. Thanks go to Frances for sharing this delicious recipe.

PAMPLIN ELEMENTARY CAFETERIA MENU

Thurs., March 15 - Hot dogs, blackeye peas, canned tomatoes, brownies, milk.

Fri., March 16 - Bologna, buttered cabbage, pickled beets, yellow cake, rolls, milk.

Mon., March 19 - Turkey, roll, gravy, whipped potatoes, green peas, biscuit, milk.

Tues., March 20 - Surfburgers, navy beans, tossed salad, jello w/fruit, rolls, milk.

Wed., March 21 - Meatloaf, potato tots, mixed vegetables, biscuits, milk, cookie.

Thurs., March 22 - Fried Chicken, green beans, whipped potatoes, fruit, milk

Fri., March 23 - Corn dogs, turnip greens, candied sweet potatoes, brownies, milk.

Mrs. Layne's 4-H

President, Shawn Moore, opened the meeting. We stood and said the pledges. The recreation leaders lead us in songs and games. Secretary, Anthony Burks, read the minutes of the last meeting. Mr. Sweet and Miss Marsh told some of the old business. Mr. Sweet talked about 4-H camp and bluebird houses. We talked about 4-H demonstrations and illustrated talks.

The meeting was closed by the president.

Traci Moore, Reporter

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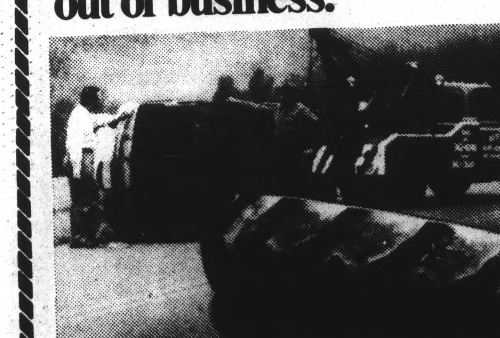

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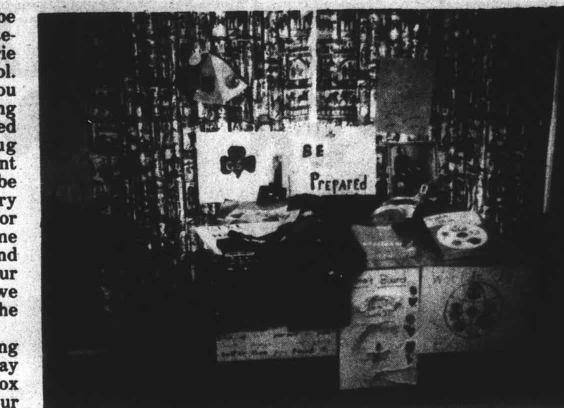

Girl Scouts Make Display

In observance of National Girl Scout Week, March 11 - 17, Troop 322 fixed a display in the window at American Federal Savings & Loan Association. Girl Scouting was started in 1912.

Girl Scout cookies will be in at the end of March. Anyone not ordering cookies may get them at American Federal Savings & Loan if you would like to purchase these cookies. Some extra boxes were ordered.

Keep Virginia Green - Poster Contest

Notice has been received at the Appomattox Primary School of honorable mention awards for entering the poster contest entitled, "Keep Virginia Green."

From left to right are Danny Richardson, second grader; Heather Bryan, first grader; Jonathan Evans, second grader, and Celeste Bartelt, second grader.

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